## Health Hints

### BOTTLE FEEDING AND TOOTH DECAY

Have you ever wondered why so many children who have been bottle-fed for longer than one year have upper teeth decayed to the gum

Many times the cause of tooth decay in these children may be the bedtime or naptime bottle of milk, juice, or other sugar containing liquid.

When a child is awake and hungrily sucking from a bottle, he has a good flow of saliva and swallows frequently. However, when he gets drowsy and falls asleep, he sucks with less force, makes less saliva and doesn't swallow as often. Because the tongue is on the nipple, it keeps the food from the lower teeth; but the upper part of the mouth is bathed in the sugar containing liquid.

The surface of everyone's teeth contains acid forming bacteria. The bacteria feed on sugar and starch and begin making acid within a few minutes after food is in the mouth. As the food puddle stays in the mouth of a sleeping child, the teeth are exposed to acid for long periods of time. The acid slowly dissolves the surface of the enamel. Once the hard enamel layer of tooth is destroyed, decay spreads rapidly through the softer dentin layer.

A child's fussiness or picky eating may be due to pain from his decayed teeth. It is important that children keep their first or primary teeth because they are needed for chewing, for speech, for appearance, and to keep the shape of the jaws so that the permanent teeth will grow in the proper position.

## CHESTNUT GROVE

Wednesday visitors of Mr. and Mrs. Bill Senger were Mr. and Mrs. Clarence Hicks, of Richmond.

Mr. and Mrs. Don Morris and family attended a surprise birthday party for Lewis Morgan Sunday afternoon at the home of Mr. and Mrs. Charles Morgan at Appomattox.

Mr. and Mrs. W. T. Cook were Sunday visitors of Mr. and Mrs. Edwin T. Cook at Prospect.

The Chestnut Grove Baptist Church gave a supper Sunday honoring The Rev. and Mrs. Doft Bryan on his retirement. He was presented a gift.

The Homemakers Club met Mon., Sept. 12, with ten members present. The demonstration on organizing a sewing center was given by Mrs. Lois Bryan. Mr. and Mrs. R. C. Moore, Jr. of Appomattox, Mr. and Mrs. R. C. Moore, III of Richmond spent Sunday with Mrs. T. N. Saul.

Mr. and Mrs. K. M. Beasley, Jr. and Kathy were Sunday afternoon visitors of Mrs. Katherine Carson at Spout Spring.

Mr. and Mrs. Robert Glover of Lynchburg, visited in the home of Mr. and Mrs. Calvin W. Morris Sunday and took Mrs. Lucy Glover back with them for awhile. Wilber and Roma Glover visited Mrs. Glover Friday.

The State Mission Day of Prayer Program and Thank offering will be observed Thurs., Sept. 22 at 8 p.m. at the home of Mrs. Bernard Talbert.

FOR THE FINEST IN OFFICE SUPPLIES SEE THE TIMES-VIRGINIAN

Young adult estate plan

If you're 15 to 22 years old, you can start your life insurance program with $10,000 in term insurance for just $68.50 a year! When you're 23, your policy converts to permanent insurance at rates you'll be able to afford. It's called Nationwide's "Young Adult Estate Plan", and it's worth checking into. Call:

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Store Hours Mon. - Sat. [illegible] 10:00 A.M. - 7:00 P.M.

VA. BRAND SMOKED PICNICS lb. 58¢

GWALTNEY SLICED BACON 1-LB. PKG. $1.19

SLICED BEEF LIVER .39¢

SWIFT'S PROTEN ROUND STEAK FULL CUT lb 99¢

RUMP OR SIRLOIN TIP ROAST lb. $1.59

MIXED FRYER PARTS PACKAGE CONTAINS: 3 Breasts w/Backs, 3 Legs w/Backs, 3 Wings or 3 Giblets PK. lb. 49¢

LEAN TENDER PORK STEAKS ... lb. $1.09

OCEAN SPRAY NATURAL GRAPEFRUIT JUICE 48-oz. SIZE 58¢
LIMIT 2 WITH $7.50 PURCHASE OR MORE

JESSE JONES Hot Dogs .. 12-oz. PKG. 89¢
CENTER RIB SMOKED Pork Chops lb. $1.49
COUNTRY STYLE Spare Ribs .. lb. $1.29
FRYING CHICKEN BREAST .... lb. 99¢
FRYING WHOLE Chicken LEGS lb. 79¢
SMITHFIELD Hot or Mild SAUSAGE .. lb. 79¢
Cubed or Sandwich STEAKS ..... lb. $1.89

KRAFT REAL Mayonnaise QT. JAR 98¢
LIMIT 1 WITH $7.50 PURCHASE

BLACKBURN PINTO BEANS 2 2-lb. BAGS 88¢
LIMIT 2 WITH $7.50 PURCHASE
ONLY THE BEST AT KING'S

CAMPBELL'S CHICKEN NOODLE SOUP 6 10¾-oz. CANS 99¢
LIMIT 6 WITH $7.50 PURCHASE OR MORE

CRISP ICEBERG LETTUCE 3 HEADS $1.00

DATES EFFECTIVE: SEPTEMBER 21-24, 1977
QUANTITY RIGHTS RESERVED
NONE SOLD TO DEALERS

RICHFOOD KALE, MUSTARD OR Turnip Greens ... 4 15-oz. CANS 89¢
POTATO CHIPS Twin Pack PRINGLES ..... 9-oz. SIZE 79¢
NABISCO Toastettes ..... 6½-oz. PKG. 39¢
DOVE BATH SIZE 4 OFF LABEL BAR SOAP ..... 3 BARS 99¢
LUX LIQUID 20¢ OFF LABEL Detergent ..... QT. SIZE 99¢
GIANT SIZE 10¢ OFF LABEL WISK ..... QT. SIZE $1.09
DISINFECTANT SPRAY LYSOL ..... 12-oz. CAN $1.49
HUFF & PUFF CAT FOOD ..... 5 15-oz. CANS 99¢

SUPERFINE BLACKEYE PEAS 3 1-lb. CANS 89¢
DEL MONTE CUT GREEN BEANS 3 1-lb. CANS 89¢
DEL MONTE WHOLE KERNEL CORN 3 17-oz. CANS 89¢
DOLE NATURAL PINEAPPLE 2 20-oz. CANS 99¢
MUELLER'S REG. or THIN SPAGHETTI 2 1-lb. BOXES 79¢
RAGU ITALIAN SAUCE 21-oz. SIZE 99¢
KRAFT ITALIAN DRESSING 16-oz. JAR 89¢
BROWNSBERRY CROUTONS 6-oz. SIZE 55¢
SCOTTIES FACIAL TISSUE 2 200 CT. PKGS. 99¢
PILLSBURY INSTANT POTATOES 3 1-lb. PKGS. 89¢
RED GLO TOMATOES 3 1-lb. CANS 89¢
KING'S Reg. or Old Fashion BREAD 4 22-oz. Loaves 99¢

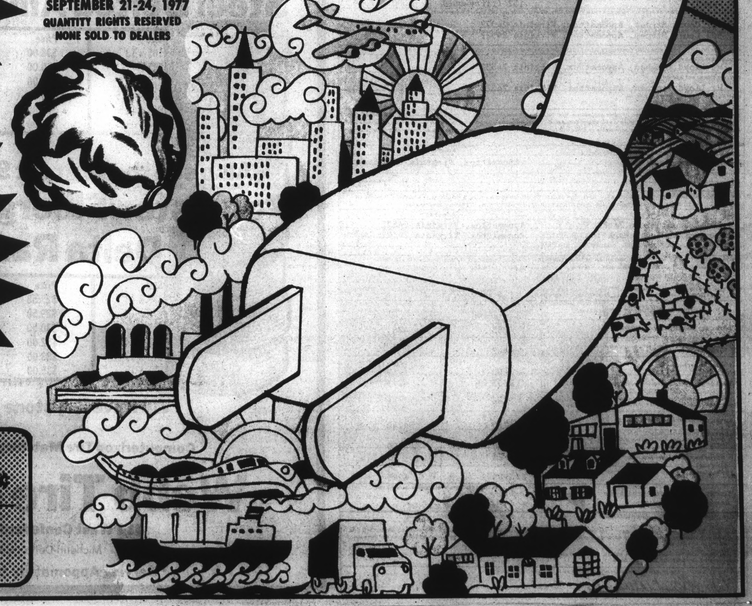
*More Pleasing Produce Buys*

US NO. 1 Yellow ONIONS ..... 8 lbs. $1.00
Cukes or Green Peppers MIX OR MATCH ..... 8 FOR $1.00

*More Frozen Food & Dairy Buys!*

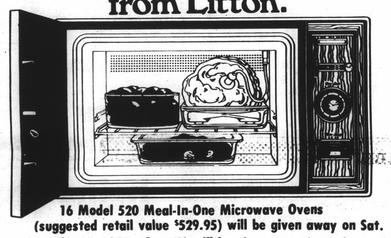
JIFFY BREADED PATTIES .. 1-lb. PKG. 88¢
VEAL PATTIES, CHUCK WAGON, BEEF & ONIONS
KRAFT HALF MOON LONGHORN CHEESE .... 10-oz. PKG. 99¢

WALT'S GROVE JUICE 64-oz. SIZE 99¢
HOUSEHOLD HOLIDAY POT PIES 4 7-oz. PKGS. 99¢
HOUSEHOLD HOLIDAY PATTIES 6 2-oz. PKGS. 99¢
HOUSEHOLD HOLIDAY WAFFLES 10-oz. PKG. 59¢



WIN ENERGY SAVING FUN GIFTS AT KING'S

Meal-In-One™ Microwave from Litton.



16 Model 520 Meal-In-One Microwave Ovens (suggested retail value $529.95) will be given away on Sat. October 8, 1977. One (1) will be given away in each King's Super Market except Chase City, Crewe, Blackstone, and Victoria. Litton Microwave Ovens from John L. Sites Appliance Sales, Bedford, Virginia.

LEARN MORE ABOUT ENERGY SAVING—TIME SAVING LITTON MICROWAVE OVENS

Mrs. Gee Gee Nelson will be giving free live demonstrations on the following dates at a King's Super Market near you.
WATERLICK PLAZA, LYNCHBURG - SEPT. 22 - 11 a.m. - 2 p.m.
2517 MEMORIAL AVE. LYNCHBURG - SEPT. 23 - 11 a.m. - 2 p.m.
TRIANGULAR PLAZA, APPOMATTOX - SEPT. 29 - 11 a.m. 2 p.m.
ABRAM SHOPPING CENTER, AMHERST - OCT. 6 - 11 a.m. - 2 p.m.

WIN ENERGY SAVING FUN GIFTS AT KING'S

16 BOYS or GIRLS 10 SPEED BIKES (suggested retail value $141.95)

YOU HAVE YOUR CHOICE OF COLORS

SCHWINN VARSITY 10 SPEED BIKES

Will be given away on Sat. Oct. 8, 1977. One (1) will be given away in each King's Super Market except Chase City, Crewe, Blackstone and Victoria. Schwinn Bikes from Bikes Unlimited Lynchburg, Va.

OR

A $50.00 GIFT CERTIFICATE GOOD FOR PURCHASE AT KING'S SUPER MARKET.

KING'S PRIZE REGISTRATION FORM

NAME _____
ADDRESS _____
PHONE _____ AGE _____

Additional registration forms available from your King's Cashier. You must be 18 years old or head of a household to be eligible for prizes. Winners need not be present to win. No purchase Required. Good in all King's Stores except Crewe, Chase City, Blackstone & Victoria

EACH PARTICIPATING STORE WILL HAVE A DRAWING FOR (1) LITTON MICROWAVE OVEN MODEL 520 AND (1) SCHWINN BICYCLE ON SATURDAY, OCT. 8, 1977




## BECKHAM

SEPT 15 - Mrs. Clyde Moore is visiting Mr. H. O. Martin and Mr. Emory Martin. Visiting in this home recently were Mr. and Mrs. Allen Gardner, Mr. and Mrs. Winston Martin, Mr. and Mrs. L. E. Martin, Miss Eunice Martin and Mrs. Howlett Drinkard.

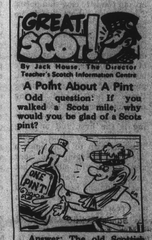
Mr. Ronnie Morris and Mr. David Drinkard will be leaving for Atlanta, Ga. Friday where they will be attending Emory University. They will be accompanied by Mr. and Mrs. Robert Morris and Mr. and Mrs. Fleming Drinkard.

Sunday dinner guests of Mr. and Mrs. Gibbs Morris visited in this home Wednesday.

Mr. Ronnie Morris and Miss Carolyn Morris were supper guests of Mr. and Mrs. Marvin Martin, of Lynchburg, Wednesday. Mr. and Mrs. T. R. Martin, Jr., Mr. and Mrs. Tommy Wilbolt and Dusty visited Mr. and Mrs. Robert Morris, Ronnie Morris, Melanie Morris and Mrs. S. G. Martin Saturday night. Mr. and Mrs. Abner Martin and Miss Eunice Martin visited in this home Sunday evening.

Mr. and Mrs. Tom Schmutz and family, Mr. and Mrs. Marvin Moore, Jr. and family, Mrs. Charles Tweedy, Michelle and Tracy, Mrs. Geraldine Moore and family attended a picnic at Lakeside Sunday given by Babcock & Wilcox.

Mr. and Mrs. Abner Martin spent the week end with Mr. and Mrs. Howlet Drinkard, Donald Lee and Miss Eunice Martin.




By Jack House, The Director Teacher's Scotch Information Centre

### A Point About A Pint

Odd question: If you walked a Scots mile, why would you be glad of a Scots pint?




Answer: The old Scottish mile (1,984 yards) was longer than the British mile (1,760 yards), and the old Scottish pint of beer, wine or whisky was much bigger than the British measure. In fact, the Scots pint was the equivalent of about three pints imperial measure. So the old Scots song, "Gae bring to me a pint o' wine," meant that the equivalent of two bottles would be supplied.

Nowadays the measurements are the same over the whole of the United Kingdom, but the Scots are still inclined to think of bigger things. Whisky is served in larger measures in Scotland than it is in England, Teacher's Scotch Information Centre is delighted to tell you. There is no difference in the quality, but there is a decided difference in the quantity.

A DIFFERENT KIND OF PART-TIME JOB.

There are many nontraditional jobs for women in the Army Reserve that pay a good extra income. Call your local unit for details. It's listed in the white pages of the phone book under "U.S. Government".

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